It is ALL about Love. Remembering who you are while love is all around you
Source

1. Life is an adventure for the soul

You look forward to your lives with such eagerness. You look forward to adding more love to creation. You anticipate the contrast, the growth into greater love, and the creative ways you'll enhance creation itself. Like a person traveling to a new country, excited about new experiences, new flavors, sights, sounds, smells, textures, and ways of enjoying life, you look forward to your earthly adventures with excitement.

However, if you incarnate into tough situations or encounter them during your earthly journey, it's easy to forget who and what you are, and why you came to this planet. Your lives can seem so serious at times. Loss can feel so permanent. Challenges can feel insurmountable. The views you're often fed about life on earth can seem discouraging.

2. And yet, love is all around you

Look at nature. Mother Earth offers her gifts and love so freely. She gives you oxygen to breathe, soil in which to grow, climates in which you can experience changing seasons, produce to feed you, minerals to nourish you, and life-giving waters. She offers an energy field that not only grounds you but magnetizes and recharges you if you allow her assistance.

Look at your sun, the physical emanation of light itself. The sun reminds you that energy is generated from within, emanates outward, and when shared in that way, encourages life. The sun is not diminished by clouds or curtains. The sun shines. Likewise, you are not diminished by those who refuse your love or don't see your light. You shine. Your sun reminds you of your essential nature, even when others cannot mirror that back to you.

Look at the simplest miracles around you. Your own body is a miracle—a kingdom of trillions of cells, each with its own consciousness, wisdom, and calling. The cells in your body do not bicker over differences of opinion. They do not argue about who is right or wrong. They simply strive to remain true to their nature and trust in the direction of the higher mind to create harmony for them and for all. They remind you how humanity can coexist peacefully by surrendering to the wisdom within.

3. So, when your life becomes challenging

When you feel loss, overwhelm, or discouragement—take a step back. Take a breath. Hug yourself. Acknowledge your feelings: "I am a soul having a human experience. Right now, I feel afraid, sad, overwhelmed, or discouraged. That's not who I am. It's just what I'm feeling."

Dear ones, soothe yourselves. Comfort yourselves kindly. Speak to yourselves sweetly, because in your humanity, you are still perfect. You are still worthy of compassion, especially your own.

As you love yourself through challenges and difficult feelings, your vibration naturally rises. Hope will return. Love is the highest vibration of all, and as you choose to love and be kind to yourselves in all situations, without condition, your vibration lifts naturally.

Life on earth is not about being “perfect” by any artificial standard. It’s not about passing through levels of achievement or reaching a fixed state of transcendent enlightenment.

4. Enlightenment

True enlightenment is simply being filled with light. You can experience it when you pause to admire a sunset.
Enlightenment occurs when you surrender to love, experience your true nature, and allow your essential light to merge with your human self. In these moments, the ordinary becomes extraordinary, and the mundane becomes miraculous.

The more often you allow yourself such enlightened pauses—those moments of love, appreciation, and surrender to what is good within and around you—the more you align with your original plan: to enjoy life on earth. You embrace the adventure rather than resist it. The more moments of alignment you experience, the more kindly life will align around you.

Dear friends, you are not being judged or tested. You are not on trial to prove you are worthy of love. You already are worthy. You already are part of the Divine. Some souls will fail to love in a given lifetime, but in retrospect, they will learn, and in their learning, they have not failed to evolve. Their resolve to love strengthens.

5. Courage

When life feels difficult or serious, be kind to yourself. Give yourself great compassion.
It takes courage to leave the known behind and embark on any adventure. It takes courage to embrace contrast and to dive into new realities. It takes strength to leave the ease of higher dimensions and project yourself into such a diverse mixture of frequencies.

At the first sign of an unpleasant feeling, take a breath. Step back from the source of your worry, sadness, or fear. Remind yourself: “I am a soul having a human experience.” No matter how you feel about the current adventure, it doesn’t define you. It doesn’t change your essence. You can comfort yourself. You can practice compassion for yourself in this moment. Then, when you feel a little better, you can take simple steps to return to life.

Remind yourself often: “This is an adventure. I cannot fail. I cannot diminish my spirit. I am eternal light having an experience. It’s all going to be okay. I can return to love, return to truth, sit, breathe, and allow life to flow through me again.”

Remember:

Remember, you as a conscious creation and your Creator are the same ONE[1], He/She is your High self in the Quantum Realm of Order which is an aspect of ALL That IS (Mother/Father ONE GOD).
—you are love. You are light. You are powerful. You have purpose. You can move beyond this moment. In your earthly adventure, the path ahead will reveal more to love.
Just take one kind step at a time.”

1 The Human Q-Chakra System